

BEING IN THE NOW

by Laurie A. Monroe

I invite all of you to ask yourselves—how do I want to Be? How do you want to Be with others? Do you want to be loving, compassionate, and generous? However you choose to be with another is how he or she will be with you. Whatever we are projecting in thought, action, and behavior will be mirrored back to us through our connection with All That Is. The nature of this connection is described perfectly by Ken Wilbur in his book, *No Boundary*: “When the individual truly sees that every move he makes is a move ‘away,’ a resistance, then the entire machination of resistance winds down. When he sees this resistance in every move he makes, then, quite spontaneously he surrenders resistance altogether. And the surrendering of this resistance is the opening of unity consciousness, the actualization of no-boundary awareness. He awakens, as if from a long and foggy dream, to find what he knew all along; he, as separate self, does not exist. His real self, the All, was never born, will never die. There is only Consciousness as Such in all directions, absolute and all-pervading, radiant through and as all conditions, the source and suchness of everything that arises moment to moment, utterly prior to this world but not other than this world. All things are just a ripple in this pond; all arising is a gesture of this one.”

If we can dissolve the illusionary boundaries that we have created through our own stories of the past, then we can live fully in the present moment and create a future that moves toward us moment by moment. Our ways of being can be used positively to create a more open environment. The way we are exerts a subtle influence. We all desire to help others transform themselves, and we all know that people respond to who we are far more than what we say. Through engaging the circumstances of the moment, we can approach life by proactively being the creative response itself.

Amplifying this creative energy in unity has the potential to transform those we encounter into something newly expressed. We must do our best to be authentic in our self-expression and to remember that one person never brings about transformation. There is a continuous feedback of change within relationships. We are all part of the whole. Our feedback allows others to act in truth and transform the consciousness of humankind. Perhaps this is lofty thinking, but I truly believe that as individuals in alignment with the whole we can deeply and subtly influence the world. Each of us is an aspect of the collective consciousness, the unity consciousness of the universe.

If we understand how personal perceptions and thoughts control our interactions, that understanding will enable us to move beyond such restrictions. And doing so creates an opening for our relationships to move to a greater and deeper level of understanding.

Don't put too much emphasis on who deserves credit, who is right, and who is to blame. It is all a process, and that's what's important. Life is not about getting credit, being right, and assigning responsibility. We are responsible for our own lives. Suspending our judgments and opinions, really listening to each other, and letting go of our need to be right opens the way for change and a new view of life emerges. Like a butterfly shedding its chrysalis, we spread our wings and embrace the transformation as the constraints of the past disappear. Our own transformation has enormous impact on those around us.

I recently found a 1978 issue of The Explorer—one of the first Monroe Institute newsletters. The following is an excerpt from one of the explorer sessions published in that newsletter. The Monitor asked the Explorer, "How can we be and act in the earth environment?"

"Dependence upon another mortal being, no matter how large or small his role may be in your life is, again, building a false structure, irrespective of the interaction and the seeming balance. Man must go back and realize that he was born alone (as a soul emerging into this life ... no one can do it for him, and the same is true at death). Your strength does not come from clinging to someone or something external but your strength is of the light from your own Source. This is the only answer to detachment. Setting your brother free is truly a gift of love on the highest level. Expect nothing from anyone. In the past your own thoughts and needs have prompted him. The joy expressed by his new freedom will create another type of relationship, far more satisfying, due to its having evolved to a higher octave.

"Bear with your pain as the breaking up of the old takes place, recognizing it for what it is. As in the macrocosm, so in the microcosm. As in the outer, so in the inner. If man's physical or material world changes are taking place, does it not follow that earthshaking changes must take place within the individual as well? The same is true in reverse, as you learn to deal with your changing concepts and mental out-picturing of thought. It lies within man's potential to literally change his world both without and within if he only understood and utilized the creative power of his thinking."

By continuing to explore and experience the multidimensional aspects of ourselves, we will become more self-expressed. By sharing our thoughts and experiences with others, we will assist transformation of humanity to a much higher level. Moment by moment be present to how you are with those around you. Be a possibility of transformation to all those who know and love you, but most of all, be that possibility for yourself.